

City of Renton Community Services Department - Recreation Division
Reverse 4's Co-Ed Volleyball Supplemental Rules & Regulations

1. A team shall consist of a maximum of four (4) players on the court at one time. One (1) woman and one (1) man must be on the court at all times. A team can start a match with three (3) players, as long as at least one (1) woman and one (1) man are on the court. No more than two (2) men are allowed on the court at any time.
2. Players must be 18 years of age to participate.
3. Player Eligibility: To be eligible to participate, all players must have signed and completed a City of Renton team roster. A pick-up player may be used if the opposing team representative agrees.
4. A team shall not have more than ten (10) players registered on the official team roster.
5. Rosters must be turned into the Renton Community Center prior to the first scheduled match. Rosters will be frozen for the remainder of the season on the Friday of the third week of scheduled league games. After such time, no players may be added to a team.
6. No rotation is required. Players can be anywhere on the court as long as they rotate service. Spot substitution only if you have more than 4 players. You are allowed three (3) entries in the game, and you must enter for the same player each time.
7. Each match will consist of a three (3) guaranteed games; each game will count towards overall league standings. Each game will be rally scoring to 25 points (cap at 27 points). Depending on time the third game may be rally scoring to 15 points (cap at 17 points), determined by the official.
8. A let serve is allowed for continuation of play. A ball contacting and crossing the net shall remain in play provided contact is entirely within the net antennas.
9. There will be a ten (10) minute grace period for the first game of each match from the scheduled start time. After the ten (10) minute grace period, the team will forfeit their first game of the match. After twenty (20) minutes from the scheduled start time of the match, a team will automatically forfeit any additional games in the match.
10. A team is allowed one (1) time-out of thirty (30) seconds per game. Time-outs do not accumulate.
11. One step into the court when serving is allowed (when playing on small courts only). You are allowed only one serve re-toss per serving turn.
12. You can hit the ball with any part of the body.
13. In case of interference from action outside the court, play restarts with the previous serve.
14. Judgement calls are not grounds for discussion. Only the team manager is allowed to communicate with officials for rule clarifications.
15. No attacking movement on the serve. This means no blocking, spiking or aggressive movement to play the ball back towards the serving team directly off the serve.
16. Blocking: Men can only block men. Women can block anyone at the net.
17. Dinks and one handed push shots are not allowed. Players must swing at the ball and/or snap the wrist. Roll shots are allowed, but it must be a distinctive roll.
18. Men can only attack from behind the three meter line.
19. Net Height will be set at women's height.
20. The following methods will be used to determine league standings:
 - a. Teams with the best league record will advance to playoffs.
 - b. Between tied teams the following criteria will be used:
 1. Head to head competition in league play.
 2. Point differential between tied teams that have played more than one match against each other.
 3. Coin flip.